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SOME FOOD FACTS TO HELP THE HOUSEWIFE IN FEEDING THE FAMILY

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SOME FOOD FACTS TO HELP THE HOUSEWIFE IN FEEDING THE FAMILY

FOOD serves three needs of the body: (1) for fuel (or energy) for life and work; (2) for body-building materials; (3) for regulation of body functions.

FUEL FOODS are of three kinds: (1) protein; (2) fat; (3) carbohydrate. Within limits these three kinds of substance can be used interchangeably.

BUILDING FOODS are of two kinds: (1) protein, which furnishes nitrogen; (2) ash constituents, which include such substances as phosphorus, calcium, iron, etc. Building foods of both types must be included in the day's diet.

REGULATING FOODS are of two kinds: (1) ash constituents; (2) water. Both of these must be included in the day's diet.

Note that protein is both a fuel food and a building food; ash constituents are both building and regulating foods.

Foods characterized by protein: lean meat of all kinds, fish, shell fish, eggs, cheese.

Foods rich in protein but containing more of other substances than the above: milk, cereals, bread, macaroni, nuts, dried peas, beans and lentils.

Foods characterized by fat: butter, cream, olive oil, bacon, lard, oleomargarine, fat from meat or nuts.

Foods rich in fat but containing more of other materials than the above: milk, egg yolk, nuts, fat meats.

Foods characterized by carbohydrate: sugars, starches, honey, molasses, syrups, tapioca, potatoes, bananas.

Foods rich in carbohydrate but containing more of other materials than the above: bread, cereals, macaroni, milk, sweet fruits, carrots, parsnips, corn, dried peas and beans.

Foods rich in ash constituents: milk, egg yolks, cereals made from the whole grain, fruits, green vegetables, dried peas and beans.

Note that some foods contain only one kind of food material and so serve only one, or possibly two, body needs. They are not bad foods on that account, but must be combined with other foods providing what they lack. Thus sugar, which is only a fuel food, should be combined with some building food containing protein, such as milk, eggs or cheese, and also with some food yielding ash constituents, such as a fruit or green vegetable. Water is found in food in considerable amounts, but usually some should be drunk besides. A glass before each meal and one at night is a good practice.

FUEL NEEDS OF THE BODY are measured by calories just as weight is measured by pounds or length by yards. The greater the amount of muscular work done, the greater the fuel requirement. Fuel in excess of body needs makes people fat.

Full requirements of adults according to body weight:

at rest,	13-14 calories per pound per day
at light work,	16-18 calories per pound per day
at moderate work,	18-20 calories per pound per day
at severe work,	20-23 calories per pound per day

Fuel requirements of children according to body weight:

1- 2 years old,	45-40 calories per pound per day
3- 5 years old,	40-35 calories per pound per day
6- 9 years old,	35-30 calories per pound per day
10-13 years old,	30-25 calories per pound per day
14-17 years old,	25-20 calories per pound per day
18-25 years old,	20-17 calories per pound per day

FUEL VALUES OF FOODS are measured in 100-calorie portions. One of these food units may be substituted for another so long as care is taken that part of the day's supply comes from protein foods, part from fat, part from carbohydrate and part from foods containing ash constituents. Thus for a unit of meat may be substituted a unit of cheese or milk; for a unit of butter, one of cream or olive oil; for a unit of sugar, one of potato or banana, etc. A knowledge of the amount of each common food required

to give 100 calories is very helpful and tables are available from which such information may be gained (see list on last page). A few examples are given below:

SOME 100-CALORIE PORTIONS:

lean beef, $2\frac{1}{2}$ ounces
 bread, 2 slices $3 \times 3\frac{3}{4} \times \frac{1}{2}$ inches
 butter, 1 level tablespoon
 cream (thick), 2 tablespoons
 milk, $\frac{5}{8}$ cup
 eggs, $1\frac{1}{3}$ medium
 cheese (American), $1\frac{1}{8}$ -inch cube
 apple, 1 large
 banana, 1 medium
 orange, 1 large
 prunes, 4 medium
 almonds, 12-15 nuts
 peanuts, 24 single nuts
 tomatoes, 4 medium
 lettuce, 2 large heads

PROTEIN NEEDS OF THE BODY may also be measured in calories. In a family with children, about one-eighth of the day's calorie supply should come from protein. For an adult, 2-3 protein calories per pound of body weight will be ample; for a growing child, 4-6 protein calories per pound should be allowed. The number of protein calories which may be obtained from 100-calorie portions of some protein foods are given below:

1 portion of lean beef	yields 55 protein calories
1 portion of eggs	yields 36 protein calories
1 portion of cheese	yields 26 protein calories
1 portion of milk	yields 18 protein calories
1 portion of peanuts	yields 18 protein calories
1 portion of oatmeal	yields 16 protein calories
1 portion of bread	yields 14 protein calories
1 portion of almonds	yields 13 protein calories

MILK is the most important food for growth. It contains everything needed by the baby, and everything but iron required

by the adult. Each young child will have plenty of the best kind of protein and ash if he is given one quart of milk per day. Older children should have from a pint to a quart. Milk used freely by adults saves meat bills, insures calcium in which their diet is otherwise apt to be deficient, and makes the serving of a well-balanced diet easy.

Young children should have every day, in addition to milk, a cereal thoroughly cooked (preferably oatmeal), some fruit, small serving of cooked and strained green vegetable, an egg, and dry bread, toast or zweibach.

Older children should have the same kinds of food but in greater variety, and may have meat once a day if desired. All food for children should be simply cooked and individual meals should not be elaborate. No fried foods, hot breads, pastries, rich sauces, salads or cakes, and no tea or coffee should be permitted. One of the best guarantees of resistance to disease in later life is a carefully protected digestive system and adequate food for all body needs during the years of growth.

Some Helps to Further Study

Food Values. Bulletin of the American School of Home Economics, 506 W. 69th St., Chicago. (10c)

Gives tables of 100-calorie portions and protein calories in each portion.

Laboratory Handbook for Dietetics. Macmillan Co. (\$1.10)

Gives 100-Calorie Portions of raw food materials by weight, and other details of food calculation.

Food for School Boys and Girls. Teachers College Bulletin. Bureau of Publications, Teachers College. (10c)

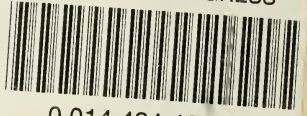
Feeding of Young Children. Teachers College Bulletin. (10c)

The Cost of Food. John Wiley and Sons. (\$1.00)

The Fundamental Basis of Nutrition. Yale University Press, New Haven, Conn. (50c)

Feeding the Family. Macmillan Co.

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